AGE GROUP

Developmental Competition Meet Formats

The Age Group Development Committee has developed a resource for clubs to utilize when hosting future events for their newest athletes. This resource, titled Developmental Competition Categories, identifies developmentally appropriate events and different ways to use them throughout your season.

EVENTS POSSIBLE

- 25, 50, 100 Freestyle
- 25, 50 Backstroke
- 25, 50 Breaststroke
- 25, 50 Butterfly
- 100, 200 Freestyle Relay
- 100, 200 Medley Relay
- · 100, 200 Mixed Freestyle Relay
- 100, 200 Mixed Medley Relay

AGE GROUP DEVELOPMENT COMMITTEE SUGGESTED **DEVELOPMENTAL COMPETITION FORMATS**

- Meet Format Name Early Season Developmental Checkpoint
- Recommended Events (10 & Under) 25/50 Freestyle

100 Freestyle Relay

25/50 Backstroke 100 Mixed Freestyle Relay • Recommended Events (11-12)

50, 100 Freestyle 50 Backstroke 200 Freestyle Relay 200 Mixed Freestyle Relay

Notes: Typically, freestyle and backstroke are taught at the beginning of the developmental season, before butterfly and breaststroke. This meet style could serve as the concluding checkpoint of learning these two strokes before moving into the more complex breaststroke and

· Meet Format Name

Mid-Season Developmental Checkpoint

• Recommended Events (10 & Under)

25/50 Butterfly 25/50 Breaststroke 100 IM 100 Medley Relay 100 Mixed Medley Relay • Recommended Events (11-12)

50 Butterfly 50 Breastroke 100 IM 200 Medley Relay 200 Mixed Medley Relay

Notes: Butterfly and breaststroke are typically taught after mastering freestyle and backstroke. This meet would serve as the concluding checkpoint of mastering these two strokes before moving into practices where all four strokes are integrated together.

• Meet Format Name

Pre-IMR/Pre-IMX

 Recommended Events (10 & Under)

25/50 Freestyle 25/50 Backstroke 25/50 Breaststroke 25/50 Butterfly

• Recommended Events (11-12)

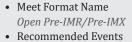
50 Freestyle 50 Backstroke 50 Breaststroke 50 Butterfly 100 IM

Notes: In this type of meet, each swimmer would swim the designated events listed above, completing an IMR/IMX style of event sequence. This format would have no freedom of choice.

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Developmental Competition Meet Formats, cont.

- Meet Format Name Open Developmental "Championship" Checkpoint
- Recommended Events (10 & Under) ALL
- Recommended Events (11-12) ALL



(10 & Under, Choose 2-3)
25/50 Freestyle
25/50 Backstroke
25/50 Breaststroke
25/50 Butterfly
100 IM

• Recommended Events (11-12, Choose 2-3))

50 Freestyle 50 Backstroke 50 Breaststroke 50 Butterfly 100 IM

Notes: This type of Pre-IMR and Pre-IMX meet would be designed for a larger meet, where a full IMR/IMX slate cannot be fit into the two-hour timeline. Athletes shall choose/be placed in 2-3 events from those listed above.

Notes: This meet would serve as the conclusion to the developmental season, allowing athletes and/or coaches to choose the events they would like to swim. The amount of events would be contingent on the timeline, and multiple sessions may have to be run for this meet.

• Meet Format Name Relay + Distance

• Recommended Events

(10 & Under)
100 Freestyle Relay
100 Mixed Freestyle Relay
100 Medley Relay
100 Mixed Medley Relay
100 IM

100 Freestyle

Recommended Events (11-12)
 200 Freestyle Relay
 200 Mixed Freestyle Relay
 200 Medley Relay
 200 Mixed Medley Relay
 100 IM



Notes: Oriented as more of a fun meet style, while allowing athletes to participate in the "distance" events of developmental competition.